

Dream Again Assignment

Choose an area of life you want to focus on

Love

Career

Financial

Recreation

Social

Health

Spirituality

Family

Step 1: Identify Your Desire

Use the Contrast -> Clarity worksheet to list out 20-30 things you **do not** want and then a list of 20-30 things you **do** want.

Step 2: Create a Vision Statement

Combine your clarity with statements in the present tense

I love...

I'm excited that...

I like ...

I enjoy...

I love feeling...

I delight in...

I chose to...

I have fun...

I decided that...

I appreciate...

Step 3: Practice your Vision Statement

- read it daily
- record it and listen to it daily
- Ideal times: just after you wake up and just before you go to sleep.